

# New Market News

TOWN OF NEW MARKET, MARYLAND

MARCH/APRIL 2010



## Thank you from the Mayor

I would like to thank all of the residents who came out last month to help with the snow removal. These are the folks that I am aware of: Shane Rossman, David Price, Tommy Hoy, Enoch Moses, Paul Hackey, Larry Loveland, Frank Pucino, Haley Tate, & Scot Morrow. I am sure there are others -- please accept my thanks as well.

There were a few sidewalks in the neighborhoods that were not cleared and I just want to remind everyone to keep those clear as well. It is especially important once the kids are in school so that they do not have to walk in the street on their way to and from school.

Thank you to everyone for all of their hard work!

Winslow  
301.748.6517  
burhanscab@earthlink.net

## Town Council Notes

- Council extended the SHA license to perform work near sidewalks for another 5- years (the last one expired end of 2009).
- The proposed annexation of 10.2223 acres (lands of East Street Plaza Partnership & New Market Food Lion Center, LLC) was introduced at the January meeting. The annexation will be on the agenda for P&Z during their March 4th meeting and there will be a public hearing on March 10th at 7:00 p.m. at town hall.
- Water taps (1.22) were approved to match the existing sewer taps at 75B W. Main Street

- Kevin Witmer was approved for another 3 year term to the HDC/ARC. His term will end November 2012
- The 2nd amendment to the Orchard Water Service Area Agreement was approved.
- There was an Executive Session held in both December & January under the Open Meetings Act Law 10-508(a)(7) for Mayor and Council to consult with legal counsel.

## Planning & Zoning Notes

- Fire Marshall directed Brinkley Manor that there shall be no parking along the alleys. This is a health and safety issue to provide safety access to these areas. The curbs
- The Maryland Department of Planning is requiring that all board members for P&Z and Board of Appeals take the state Planning Commission Training. Copies will be requested from the State planning office.

## HDC/ARC Notes

- Discussion was held on Lot#29 in Sponseller Addition. Changes to plan were discussed and will be brought back to the Board.
- The New Market Cemetery Company has been doing improvements to the cemetery and clearing the growth along 874. They are looking into putting up a fence similar to the one behind the cemetery at Royal Oaks.
- Preliminary townhouse plans for Brinkley Manor were reviewed.
- The following applications were approved:
  - \* 73 W. Main Street -- fence
  - \* 41 W. Main Street -- sign

## **DATES TO REMEMBER:**

Mar. 4 -- Planning & Zoning Meeting 7:00 p.m.

Mar. 9 -- HDC/ARC Meeting 7:00 p.m.

Mar. 10 -- Town Council Meeting 7:00 p.m.

Mar. 10 -- Public Hearing -- Annexation(10.2223 acres) -- 7:00 p.m.

*NOTE: Yard waste pick-up resumes on April 7th.*

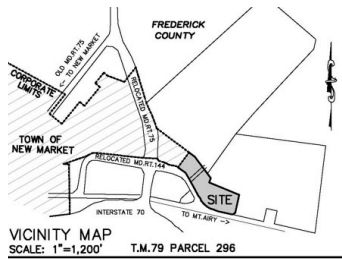
Apr. 1 -- Planning & Zoning Meeting 7:00 p.m.

Apr. 13 -- HDC/ARC Meeting 7:00 p.m.

Apr. 14 -- Town Council Meeting 7:00 p.m.

Apr. 27 -- Bulk Trash Pick-up

## PUBLIC HEARING SCHEDULED



In accordance with Article 23A, Section 19 of the Annotated Code of Maryland, a public hearing will be held by the Mayor and Council of New Market on March 10, 2010, at 7:00 p.m. at the New Market Town Hall, 39 W. Main Street, New Market, Maryland, at which the Mayor and Town Council will consider the proposed annexation of 10.2223 acres of land, more or less, contiguous and adjoining the existing corporate boundary of the town, as graphically depicted above. A full description of the property by courses and distances is available for public review at Town Hall. The conditions and circumstances of the proposed annexation are set forth in an Annexation Resolution, which is available for public review at Town Hall. Upon annexation, the zoning classification proposed to be assigned to the property is Mixed Commercial (MC), subject to such limitations on of uses and densities of development as may be established by annexation agreement. The resolution provides for an exemption from ad valorem municipal real property tax until July 1, 2011, with a payment in lieu of tax for the period commencing one (1) year from the effective date of annexation until June 30, 2011. There are no other special conditions proposed for the annexation. The resolution provides for the amendment of the Charter of the Town, upon annexation, to include the lands described in the Resolution.

**BY ORDER OF THE  
MAYOR AND COUNCIL  
OF THE  
TOWN OF NEW MARKET**  
Winslow F. Burhans, III, Mayor

## *New Market Needs You!!*

New Market Days is scheduled for the first Saturday in May this year. As of this newsletter the festival has no chairperson. Regrettably, if no one steps up, we will not be able to hold the event. Please contact Town Hall (301.865.5544) if you are interested.

## GREEN BUILDING FROM SEAWRIGHT HOMES

### A Utility Bill Insert Worth Reading...

If you are like me and routinely ignore and toss the "informational inserts" that accompany my Allegheny Power electric bills, what I did recently was not quite as bad as tossing a winning lottery ticket, but I almost did throw away money. And, if you regard unexpectedly finding money to be a welcomed prospect, read on.

The money to be found with Allegheny Power can come from among two sources as follows:

- Rebates for purchase of qualifying Energy Efficient Appliances and heating/cooling equipment and
- No-cost to Low-cost Energy Performance Programs

On the Internet go to each of the underlined links below and you will learn the details for how you can receive:

1. Up to \$600+ in rebates from Allegheny Power when a variety of qualifying energy efficient appliances or HVAC products are purchased and
2. How an Allegheny customer can receive their "Comprehensive Home Energy Audit", which will include a blower door test and thermal imaging of the customer's home. The customer cost for receiving this service from Allegheny will be \$140 for an invaluable service which, if contracted for privately, would cost roughly \$500. And, as a further inducement for customers using this bargain service, Allegheny is giving clients, who know a deal when they see one, a free energy efficiency kit that will include items such as CFL's, a low flow shower-head and faucet aerators.

The "Comprehensive Home Energy Audit" is a must for anyone who wants to make a serious dent in their electric bill and would like a roadmap for how to do so cost-effectively.

Links for Rebates and "Low-Cost Energy Performance Programs" are as follows:

<http://www.alleghenypower.com/EngConserv/MD/WattWatchers/RebatesRes.asp> and  
<http://www.alleghenypower.com/EngConserv/MD/WattWatchers/Performance.asp>

If typing in the URL addresses is overly complicated, "Google" on Allegheny Power, click on the Allegheny Power web site, select "Watt Watchers" and under "Residential Customers", indicate you are a Maryland customer. From there you will be given choices that include, "Rebates" and "Energy Performance Programs". Happy savings.



## Ask Dr. Tate...

Dear Dr. Tate,

I have heard a lot in the news lately about the connection between heart disease and gum disease. Is this really true? J.L.

Dear J.L.,

Yes, it is true. There is a direct correlation between heart disease and gum disease. Often times, the appearance of gum tissue can be a "red flag" to alert us about the possibility of that patient having heart problems. In fact, the mouth can be a reflection of the over-all health of a person. When we examine your mouth at a routine visit, we are looking for more than cavities. Conditions in the mouth can be indicators for not only heart disease, but also diabetes, acid reflux, bulimia, oral cancer, leukemia, osteoporosis, stress, and sleep apnea. So, when you go in for your dental check up, you are doing much more for your health than just taking good care of your teeth!

Keep Smiling,



**Dr. Haley P. Tate**  
**301.865.4434**  
**DrHaleyTateDDS.com**

# Sign Workshops – In Like a Lion, Out Like a Lamb

The final workshop on the “Antiques Capital of Maryland” sign adjacent to I-70 was held January 27th. In attendance were two council members and one spouse, the head of the Antique Dealers and his spouse, John Fieseler (Director of Frederick County Tourism), Diane Greunwald (from WJ Strickler Sign Company), Bob Mochi (LUYAA Board of Directors), Chris Brown (Gazette reporter) and one member of the general public.

Through the workshop process, consensus was reached on the following items:

1. The sign is in need of some attention and updating.
2. The sign is not historic. While it may be nostalgic to some -- it does not meet the criteria established by the Maryland Historic Trust, State Highway, or any other organization, to be declared “historic”.
3. New Market is “not living up to it’s reputation as ‘the antiques capital of Maryland.’”
4. Having an outside company assist New Market is an intelligent option.

## Recommendations

At the last workshop a webinar was delivered by Northstar Marketing. This was about re-branding of the town. Majority consensus of those in attendance was that this is an avenue worth exploring. Since the sign workshop here, I attended a workshop to be eligible for TRIPP Grants. The TRIPP Grants are awarded through the Frederick County Tourism Office. These grants could be used to hire a marketing company to rebrand the town of New Market. I have found another company, Arnett Muldrow & Associates, who has done work for Delaware Main Street Communities and comes highly recommended. I will contact them for a bid as well.

What began as a heated exchange over an old sign has progressed to a realistic debate about the future of New Market. There are many stakeholders in New Market whose responsibility it is to help shape it’s future: residents, LUYAA, New Market Elementary School, New Market Middle School, Grace Episcopal Church, New Market United Methodist Church, The Simpson Church, the Fire Department, Hahn Transportation, Adventure Park, the Antique Dealers, the specialty shops, Mid-Maryland Performing Arts Center, the Boy Scouts, the Girl Scouts, both Masonic Lodges, the New Market Grange, just to name a few. Soon you can include McDonald’s, Highs Convenience Store, and Food Lion to that list.

## Plan of Action

In order to build a better community, it is my intention to have New Market follow the Main Street Maryland philosophy. Below is their 4 point approach. Please visit this website to explore all the Maryland Main Streets. Educate

yourselves and your children. Become involved. This is a positive program that can dramatically improve your own town in a short period of time. Read this article and if you want to see what I plan on doing next check out the link at the end. The town of New Market NEEDS you to take a few minutes to become involved in this process. What we really need is your opinion, your attention and your support. You will be rewarded with civic pride, higher property values and a growing and thriving community.

*Councilman David Price*

## The Main Street Four-Points Approach®

### 1. Organization

Involves getting everyone working toward the same goal and assembling the appropriate human and financial resources to implement a Main Street revitalization program. A governing board and standing committees make up the fundamental organizational structure of the volunteer-driven program. Volunteers are coordinated and supported by a paid program director as well. This structure not only divides the workload and clearly delineates responsibilities, but also builds consensus and cooperation among the various stakeholders.

### 2. Promotion

Sells a positive image of the commercial district and encourages consumers and investors to live, work, shop, play and invest in the Main Street district. By marketing a district’s unique characteristics to residents, investors, business owners, and visitors, an effective promotional strategy forges a positive image through advertising, retail promotional activity, special events, and marketing campaigns carried out by local volunteers. These activities improve consumer and investor confidence in the district and encourage commercial activity and investment in the area.

### 3. Design

Means getting Main Street into top physical shape. Capitalizing on its best assets — such as historic buildings and pedestrian-oriented streets — is just part of the story. An inviting atmosphere, created through attractive window displays, parking areas, building improvements, street furniture, signs, sidewalks, street lights, and landscaping, conveys a positive visual message about the commercial district and what it has to offer. Design activities also include instilling good maintenance practices in the commercial district, enhancing the physical appearance of the commercial district by rehabilitating historic buildings, encouraging appropriate new construction, developing sensitive design management systems, and long-term planning.

(continued on Page 4)



## Main Street Four-Points

### Approach® (continued from Page 3)

#### 4. Economic Restructuring

Strengthens a community's existing economic assets while expanding and diversifying its economic base. The Main Street program helps sharpen the competitiveness of existing business owners and recruits compatible new businesses and new economic uses to build a commercial district that responds to today's consumers' needs. Converting unused or underused commercial space into economically productive property also helps boost the profitability of the district.

Coincidentally, the four points of the Main Street approach correspond with the four forces of real estate: value, which are social, political, physical, and economic. For more information on the Main Street Four-Points Approach® and the Eight Guiding Principles, visit the Main Street website:

(<http://www.preservationnation.org/main-street/about-main-street/>)

## BSA Troop 628

### Spring 2010 Mulch Sale

Pick Up Location: Lake Linganore, Cold-stream Pool Parking Lot -- Saturday April 10 (Pick-up times: 9:00am--12:00pm)

#### Deadline for ordering is April 2



Double Shredded Hardwood Mulch  
(3 cubic foot bags) -- \$4.50 per bag picked up

Colored Mulch--Black or Red (2 cubic foot bags) -- \$5.00 per bag picked up

DELIVERY CHARGE: \$10.00 for up to 25 bags; \$20.00 for 26 bags or more. Bags will be placed on edge of driveway.

For more information: Call Bret or Trudy Griebenow @ 301.698.1002 or email [mulch628@gmail.com](mailto:mulch628@gmail.com).

You can also check out the online version of the newsletter which includes the BSA Mulch Sale Flyer.

BSA Troop 628 is sponsored by the New Market Lions & the New Market United Methodist Church.

## Historical Dance Workshop -- April 17th

The Mid-Maryland Performing Arts Center will host a historical dance workshop on April 17th from 3-5pm at their studio in downtown New Market. Caroline Copeland will be the guest instructor. Ms. Copeland is a recognized expert in historical dance and has travelled the world sharing her talent and knowledge. The workshop will feature an introduction to early American dance. Informal dances such as country dances and fancier dances such as cotillions will be demonstrated and taught. We encourage families to attend. A community dance is planned in the future so take this workshop and step back in time with us. This is an exciting and rare opportunity to bring historic dance to life in our own community.

The fee is \$20 per person. YOU MUST PRE-REGISTER. Please wear comfortable clothes and shoes (ballet, jazz or historical are acceptable as are soft sole and dress shoes). Call 301-694-5105 or email [info@mmpac.com](mailto:info@mmpac.com). Group rates and Family rates are available. MMPAC is located at 52 West Main Street.



**Caroline Copeland** received a Bachelor of Arts in Dance from Goucher college in Baltimore, MD and continues to lead an eclectic career in the dance world as a contemporary performer and early dance specialist. Based in New York City, she is a principal dancer with the New York Baroque Dance Company under the direction of Catherine Turocy. Her roles include the title role in Handel's *Terpsicore*, Euridice in Gluck's *Orphée*, and the Galant in Mozart's *Les Petits Riens*. Additionally, she researches topics on social and theatrical history for company productions and interprets Feuillet notation, a form of 18th century dance notation. Ms. Copeland has also performed as a guest artist with the Boston Early Music Festival, under the musical direction of Stephen Stubbs and Paul O'Dette, in their productions of Lully's *Thésée* and *Psyché*, Blow's *Venus and Adonis*, and Charpentiers's *Acleon*. Ms. Copeland has appeared with numerous companies and contemporary choreographers in the New York City area, including Company Rindfleisch, The Metropolitan Opera, and The New York Collegium. Her own choreography and reconstructions have been shown at the historic Federal Hall in downtown Manhattan, The Metropolitan Museum of Art, The Allen Room at Jazz at Lincoln Center, the Public Theater, as well as the Handel Festival in Göttingen, Germany. Ms. Copeland has held workshops for singers, dancers, and actors, as well as the general public, in period movement and dance. These include: Cornell University, Yale University, Manhattan School of Music, Vassar College, as well as numerous elementary and high schools around the United States. Ms. Copeland's dancing has been described as "sublime", and "enrapturous" earning her mentions in the Wall Street Journal, Backstage Magazine, and Show Business Weekly. Ms. Copeland will make her directoral debut in May 2010 in Handel's *Alcina* for Bourbon Baroque Orchestra in Louisville, KY.

## Yard Waste Collection Resumes



Yard waste collection resumes on Wednesday, April 7th and will continue through Wednesday, November 24, 2010. Acceptable yard waste will be: yard trimmings, grass clippings, leaves, brush and branches. Collection will be from the curb and shall be placed in brown biodegradable paper bags only. The bags can be purchased at any hardware store. Branches should be cut to three foot lengths and must not be more than 3 inches in diameter. They should be tied in bundles. No root balls, dirt, sod, rocks, or trash in the bags. Yard waste should be on the curb by 7:00 a.m. Wednesday mornings starting April 7th.

## CPR TRAINING & NEW BOY SCOUT TROOP

The Grace Episcopal Church is sponsoring two community events:

- A new boy scout troop -- #4628. The troop meets on Monday nights. Anyone who is interested, please call the church at 301.865.3270 for more information.
- Certified training in CPR & First Aid by an American Heart Association trained instructor. Their next session -- which is open to the community -- will take place on Sunday, March 14th. Again, for more information, please call the church office at 301.865.3270 or e-mail Seth Tolson at [cprseth@comcast.net](mailto:cprseth@comcast.net).

### FREE

Sofa, loveseat & hutch  
Call Mike D'Ovidio @  
443.683.1080 if interested.

## Book Donations Needed!

The **Second Annual New Market United Methodist Church Book Sale** is coming up in May and they need book donations to supplement their inventory. So take advantage of this opportunity to get organized and dispose of the clutter by donating your extra books for a good cause.

To make a donation, please contact Patty Robinson at 301.865.9418 or e-mail [pattyrob16@msn.com](mailto:pattyrob16@msn.com) to arrange for drop off or pick up of your donations. They will begin accepting donations immediately.



The church will accept books of all kinds -- paperback, hardback or audio. Also, they will accept old CDs and DVDs. They welcome all subject matter, religion, nonfiction, fiction, cookbooks, self-help, children's and the list goes on and on.

### Remember to join them for the sale!

**When:** Saturday, May 1, 2010

**Time:** 8:00 a.m. to 3:00 p.m.

**Where:** New Market United Methodist Church Schoolhouse, located off Main Street in New Market.

**Look for the signs!!**

**YARD SALE TOO!!** -- Along with the book sale there will also be a yard sale at the church on May 1st between 8:00 a.m. and 1:00 p.m.

## Ghost Tour of New Market

DO SPIRITS WALK AMONG US AND CAN THEY BE PHOTOGRAPHED?

Com join Ghost Visions, llc, for a haunting ghost tour through the town and see what ghosts they have captured in photographs right in New Market. Shop owners will tell you of their ghostly tales. Bring a camera to see what spirits you can capture during the tour.



Tour: Saturday, March 20 -- 4:00 p.m. to 6:00 p.m.  
Begins: Dublin Roasters, 75B West Main Street, New Market  
\$10.00 per person  
Limited space: RSVP to Tracie  
EMAIL: [ghostsvision@yahoo.com](mailto:ghostsvision@yahoo.com)

Take a peek at the ghost captured in photographs on their website at [www.ghostvisions.com](http://www.ghostvisions.com).  
Privates Groups Welcome

**CLASS:** There is also an upcoming class scheduled for March 14th @ 4:00 p.m. on "Psychic Development Exercises" Space is limited so RSVP by March 4th to Tracie via email. For more information, please check the Ghost Vision website.

# The Center for Vision Development

By Dr. Marsha Benshir



The Center for Vision Development moved to the Lighthouse Professional offices in New Market, just west of the schools; however, Dr. Marsha Benshir is not a newcomer to the area. A Maryland native, she graduated from Illinois College of Optometry in 1980, and started seeing patients in Mt. Airy in 1981. The office moved to the New Market Center in 2002, and moved to this new office in October 2009.

Dr. Benshir is not your typical optometrist, and her office is not your typical eye care store. The office staff treats patients like family. Patricia Byrns is the office manager, Debby Zuna handles insurance and billing, and Katrina Stone is the scheduler and runs the front desk. You are likely to find them laughing and sharing jokes with patients as they work. They also keep "Dr. Marsha" on time so her patients rarely wait to be seen more than 10 minutes past their scheduled time.

Not only is the atmosphere warm and friendly, the décor is not traditional "doctor's office." Although they haven't finished decorating, the glasses frame display room boasts an art deco chandelier and mirror. The exam room has a model ship, and an oil painting of a waterfall fills one wall in the restroom. A blooming orchid sits on a side table in the reception area, and an antique child's table and chairs are arranged for smaller patients to have a place to sit and play. A whimsical metal chameleon moves around the office from week to week. Dr. Marsha's exam room has an oak roll-top desk and pressed back oak chairs. Children like playing with her kaleidoscopes while she talks to their parents. Don't expect to see an eye chart in this Optometrist's office -- she uses a wall mounted computer for various types of tests.

Dr. Marsha is a neuro-optometrist. She does see general eye care patients, but her practice specializes in the diagnosis and rehabilitation of vision disorders that impede learning and activities of daily living. Assisted by her husband, Sam, they provide vision therapy for children with problems ranging from strabismus (turned eye) to amblyopia (lazy eye), tracking, poor eye-hand coordination, and visual processing disorders. Many of their patients are adults with acquired brain disorders, such as stroke and head injury, who suffer similar types of syndromes, in addition to post-trauma vision syndrome, paralytic strabismus, and visual midline shift syndrome. Dr. Marsha is on staff at the Adventist Rehabilitation Hospital in Gaithersburg, and consults with other programs to provide both in-patient and out-patient vision rehabilitation services. She provides in-service programs to OT's, PT's, other rehabilitation specialists, teachers, and organizations.

Patient care is the top priority in this office, but education comes a close second. After testing and diagnosis, patients get a report of the findings and Dr. Marsha takes the time to explain terminology and answer questions. She works together with patients, their families, other doctors and professionals to put together a program of vision therapy to develop missing or weak skills. Some of her patients have regained eyesight lost to brain injury, while others have had their double vision reduced or eliminated. Many of the children they see have difficulty in school due to visual processing disorders, and they often show improvements in reading, writing, and other academic areas as their visual skills improve.

At the Center for Vision Development they believe that communication is important to provide optimal patient care. Sam is available to answer questions for therapy patients and to demonstrate techniques they can practice at home. Phone consults are provided so that patients don't always have to schedule time to come into the office, and questions are often answered over the phone during lunch hours or after patient hours. Dr. Marsha explains, *"People respond to the world the way they perceive it. By understanding how our patients see their world, we are able to help them understand that many problems they have functioning are not their fault. It is often a physiological problem that can be corrected. Even problems that were thought to be permanent we now know can be improved. By applying scientific research in the field of neuro-plasticity, we are able to help many patients who have been told they have to 'just learn to live with' vision impairments."*

**(Dr. Marsha welcomes any new patients from the community. If you wish to make an appointment, please call 301-829-1910.)**

## Second Annual New Market Community Easter Egg Hunt

**Where:** New Market United Methodist Church Schoolhouse

**When:** Saturday, March 27th. Registration 9:45am -- Easter Egg Hunt starts at 10:00 am (rain or shine)



Children must be accompanied by an adult.

Lots of fun activities planned!!

Registration has begun  
**Hope Community Preschool**  
Opening September 2010

- Brand New Facility
- Secure Key Card Entry
- Small Class Sizes
- 2yr, 3yr, & 4yr Old Classes
- 2, 3 & 5 Day Classes
- AM & PM Sessions
- Lunch Bunch
- Fit Kids Classes

9411 Baltimore Road  
Frederick, MD



Visit [www.hopemtcarmel.org](http://www.hopemtcarmel.org) for info.

# BULK TRASH PICK-UP

**Tuesday, April 27, 2010**

- Maximum number of two (2) acceptable items per household.
- Have the two items clearly labeled "BULK TRASH".
- Items must be at the curb in the front of the house/dwelling by 6:00 a.m.
- The Town of New Market and Key Sanitation, Inc. are not responsible for any items taken in error.
- See list below for acceptable items:

***Maximum of two (2) items per household.  
Both items should be clearly labeled "BULK TRASH".  
Additional tags and labels are as indicated below.***

## **Acceptable Items**

Refrigerators and freezers  
Air Conditioners  
Dehumidifiers & Humidifiers  
Washers & Dryers  
Dishwashers  
Stoves & Ovens  
Wood Stoves  
Trash compactors  
Furnaces  
Water Heaters & Tanks  
Grill  
Riding Mowers  
Push Mowers  
Exercise Equipment  
Bicycles  
Televisions  
Pianos  
Mattresses and Box springs  
Computers  
Couches & Chairs  
Cabinets and Dressers  
Small Chairs & Tables  
Commodores, Bathtubs, Sinks  
Picnic Tables  
Lawn Furniture  
Carpet

}

**Must have a certified technician tag  
indicating Freon has been  
removed from the item.**

- Remove propane tank
- Remove Gas & Oil
- Remove Gas & Oil
- Place tag on bicycle "FOR BULK TRASH PICKUP"
- Maximum three (3) rolls

## **Non-Acceptable Items**

Construction & Building Material  
Propane Tanks  
Cardboard (must be recycled)  
Paper & Books (must be recycled)  
Tires or Automobile Parts  
Paint  
Yard Waste  
Root balls and Tree Trimmings  
Concrete Materials  
Toys

Hazardous Waste  
Explosives and Ammunition  
Dead Animals  
Human or Animal Feces  
Batteries  
Household Trash  
Dirt, rocks, or sod  
Fencing  
Paint, Gasoline, Oil or other Inflammables  
Bags of clothing







PO Box 27  
New Market, MD 21774

**ADDRESS SERVICE REQUESTED**

PRSRT STD  
US POSTAGE PAID  
FREDERICK, MD  
PERMIT NO. 2334

**6th Annual  
NMES  
5K  
Run/Walk  
Saturday  
April 10th**



New Market Elementary School will be hosting the 6th Annual "On the Road for Fitness" 5K Run/Walk on Saturday, April 10, 2010. Last year's run was a huge success! Over 400 runners, walkers and fans contributed to a day of exercise, family fun, and community support. Most importantly, the even raised over \$7000 towards a community track! They are hoping to build an exercise track that can be used by the entire community. This year they are hoping to raise the rest of the money to start building the track. They are encouraging a health lifestyle and hope that you will assist them in achieving their goal.

For more information please contact NMES at 240.236.1300.

**"Mom's Pizza"  
at the General Store**

**Now Open for Breakfast!**  
**Monday-Friday — 8am to 9pm**  
**Saturday & Sunday — 9am to 9pm**

**Now Serving:**

**Coffee**

**Cappuccino**

**Espresso**

**Latte**

**Mom's New Egg Sub**

**Ice Cream Coming Soon!!**